



ELEETFITNESS.COM

## PERFORMANCE MEMBERSHIP

\$84.99 per month (plus tax)

### INCLUDES:

- Needs Assessment (Goal setting, nutritional guidance, exercise programming)
- Self workout with ongoing exercise support from an Exercise Specialist
- Re-evaluation every 6-8 weeks (focusing on program progress)

**FAMILY ADD ON** (includes immediate family only)

\$44.99 per month (plus tax)

## PERSONAL TRAINING

\$40 (30 min session)

\$60 (60 min session)

## NUTRITIONAL SERVICES

\$75 (analysis)

\$40 (follow-up)

\$40 (shopping assistance)

## ADDITIONAL SERVICES

\*please call for other available services

**ENROLLMENT:** Individual \$50.00 - Family \$100.00

## HOURS OF OPERATION

Monday-Thursday: 6am-8pm

Friday: 6am-4pm

Saturday: 8am-1pm

**Located in the Foundation Medical Tower**

5420 West Loop South, Suite 1400, Bellaire, TX 77401

For more information on our programs or to schedule your consultation, please contact us at:

**713-314-4527**

or

[randy@eletfitness.com](mailto:randy@eletfitness.com)

